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A

Bike Rental & Guided Tours

Welcome to Amsterdam, welcome to MacBike. You see much more from the seat of a bike! Cycling is the most economical, sustainable and fun way to explore the city, with its beautiful canals, parks, squares and countless lights. You can also bike along lovely landscapes outside of Amsterdam.

Why MacBike

MacBike has been around for almost 30 years and is the biggest bicycle rental company in Amsterdam. With over 2,500 bikes stored in our five rental shops at strategic locations, we make sure there is always a bike available for you. We offer the newest bicycles in a wide variety, including basic bikes with foot brake (□□), bikes with hand brake and gears (□□), bikes with child seats, and children's bikes.

Prices

	Hand Brake, Three Gears	Foot Brake, No Gears
1 hour	€7.50	€5.00
3 hour	€11.00	€7.50
1 fly (24 hours)	€14.75	€9.75
Each additional day	€8.00	€6.00

Guided City Tours

The 2.5-hour tour covers the Gooyer Windmill, the Skinny Bridge, the Rijksmuseum, Heineken Brewery and much more. The tour departs from Dam Square every hour on the hour, starting at 1:00 pm every day. You can buy your ticket in a MacBike shop or book online.

We parted at the airport.

21. What is an advantage of MacBike?

A. It gives children a discount. B. It offers many types of bikes.

C. It organizes free cycle tours. D. It has over 2,500 rental shops.

22. How much do you pay for renting a bike with hand brake and three gears for two days?

A. €15.75. B. €19.50. C. €22.75. D. €29.50.

23. Where does the guided city tour start?

A. The Gooyer, Windmill. B. The Skinny Bridge.

C. Heineken Brewery. D. Dam Square.

B

When John Todd was a child, he loved to explore the woods around his house, observing how nature solved problems. A dirty stream, for example, often became clear after flowing through plants and along rocks where tiny creatures lived. When he got older, John started to wonder if this process could be used to clean up the messes people were making.

After studying agriculture, medicine, and fisheries in college, John went back to observing nature and asking questions. Why can certain plants trap harmful bacteria (□□)? Which kinds of fish can eat cancer-causing chemicals? With the right combination of animals and plants, he figured, maybe he could clean up waste the way nature did. He decided to build what he would later call an eco-machine.

The task John set for himself was to remove harmful substances from some sludge (□□). First, he constructed a series of clear fiberglass tanks connected to each other. Then he went around to local ponds and streams and brought back some plants and animals. He placed them in the tanks and waited. Little by little, these different kinds of life got used to one another and formed their own ecosystem. After a few weeks, John added the sludge.

He was amazed at the results. The plants and animals in the eco-machine took the sludge as food and began to eat it! Within weeks, it had all been digested, and all that was left was pure water.

Over the years, John has taken on many big jobs. He developed a greenhouse-like facility that treated sewage (□□) from 1,600 homes in South Burlington. He also designed an eco-machine to clean canal water in Fuzhou, a city in southeast China.

“Ecological design” is the name John gives to what he does. “Life on Earth is kind of a box of spare parts for the inventor,” he says. “You put organisms in new relationships and observe what’s happening. Then you let these new systems develop their own ways to self-repair.”

24. What can we learn about John from the first two paragraphs?

A. He was fond of traveling. B. He enjoyed being alone.

C. He had an inquiring mind. D. He longed to be a doctor.

25. Why did John put the sludge into the tanks?

A. To feed the animals. B. To build an ecosystem.

C. To protect the plants. D. To test the eco-machine.

26. What is the author's purpose in mentioning Fuzhou?

A. To review John's research plans. B. To show an application of John's idea.

C. To compare John's different jobs. D. To erase doubts about John's invention.

27. What is the basis for John's work?

A. Nature can repair itself. B. Organisms need water to survive.

C. Life on Earth is diverse. D. Most tiny creatures live in groups.

C

The goal of this book is to make the case for digital minimalism, including a detailed exploration of what it asks and why it works, and then to teach you how to adopt this philosophy if you decide it's right for you.

To do so, I divided the book into two parts. In part one, I describe the philosophical foundations of digital minimalism, starting with an examination of the forces that are making so many people's digital lives increasingly intolerable, before moving on to a detailed discussion of the digital minimalism philosophy.

Part one concludes by introducing my suggested method for adopting this philosophy: the digital declutter. This process requires you to step away from optional online activities for thirty days. At the end of the thirty days, you will then add back a small number of carefully chosen online activities that you believe will provide massive benefits to the things you value.

In the final chapter of part one, I'll guide you through carrying out your own digital declutter. In doing so, I'll draw on an experiment I ran in 2018 in which over 1,600 people agreed to perform a digital declutter. You'll hear these participants' stories and learn what strategies worked well for them, and what traps they encountered that you should avoid.

The second part of this book takes a closer look at some ideas that will help you cultivate (□□) a sustainable digital minimalism lifestyle. In these chapters, I examine issues such as the importance of solitude (□□) and the necessity of cultivating high-quality leisure to replace the time most now spend on mindless device use. Each chapter concludes with a collection of practices, which are designed to help you act on the big ideas of the chapter. You can view these practices as a toolbox meant to

aid your efforts to build a minimalist lifestyle that works for your particular circumstances.

28. What is the book aimed at?
A. Teaching critical thinking skills.
B. Advocating a simple digital lifestyle.
C. Solving philosophical problems.
D. Promoting the use of a digital device.

29. What does the underlined word “declutter” in paragraph 3 mean?
A. Clear-up. B. Add-on. C. Check-in. D. Take-over.

30. What is presented in the final chapter of part one?
A. Theoretical models. B. Statistical methods.
C. Practical examples. D. Historical analyses.

31. What does the author suggest readers do with the practices offered in part two?
A. Use them as needed. B. Recommend them to friends.
C. Evaluate their effects. D. Identify the ideas behind them.

D

On March 7, 1907, the English statistician Francis Galton published a paper which illustrated what has come to be known as the “wisdom of crowds” effect. The experiment of estimation he conducted showed that in some cases, the average of a large number of independent estimates could be quite accurate.

This effect capitalizes on the fact that when people make errors, those errors aren’t always the same. Some people will tend to overestimate, and some to underestimate. When enough of these errors are averaged together, they cancel each other out, resulting in a more accurate estimate. If people are similar and tend to make the same errors, then their errors won’t cancel each other out. In more technical terms, the wisdom of crowds requires that people’s estimates be independent. If, for whatever reasons, people’s errors become correlated or dependent, the accuracy of the estimate will go down.

But a new study led by Joaquin Navajas offered an interesting twist (□□) on this classic phenomenon. The key finding of the study was that when crowds were further divided into smaller groups that were allowed to have a discussion, the averages from these groups were more accurate than those from an equal number of independent individuals. For instance, the average obtained from the estimates of four discussion groups of five was significantly more accurate than the average obtained from 20 independent individuals.

In a follow-up study with 100 university students, the researchers tried to get a better sense of what the group members actually did in their discussion. Did they tend to go with those most confident about their estimates? Did they follow those

least willing to change their minds? This happened some of the time, but it wasn't the dominant response. Most frequently, the groups reported that they "shared arguments and reasoned together." Somehow, these arguments and reasoning resulted in a global reduction in error.

Although the studies led by Navajas have limitations and many questions remain, the potential implications for group discussion and decision-making are enormous.

32. What is paragraph 2 of the text mainly about?

A. The methods of estimation.

B. The underlying logic of the effect.

underlie: to be the basis or cause of sth □□…□□□□□□…□□□

- These ideas underlie much of his work.
- Unemployment may be an underlying cause of the rising crime

rate.

C. The causes of people's errors.

D. The design of Galton's experiment.

33. Navajas' study found that the average accuracy could increase even if _____.

A. the crowds were relatively small B. there were occasional underestimates

C. individuals did not communicate D. estimates were not fully independent

34. What did the follow-up study focus on?

A. The size of the groups. B. The dominant members.

C. The discussion process. D. The individual estimates.

35. What is the author's attitude toward Navajas' studies?

A. Unclear. B. Dismissive. C. Doubtful. D. Approving.

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about them. To err (□□) is human. __36__ You can use the following writing exercise to help you do this.

In a journal or on a piece of paper, put the heading “Personal strengths.” __37__ Are you caring? Creative? Generous? A good listener? Fun to be around? They don’t have to be world-changing, just aspects of your personality that you’re proud of.

At the top of a second page, put the heading “Acts of kindness.” On this one, list all the positive things you’ve done for others. It might be the time when you helped a friend with their homework, when you did the ironing without being asked, or when you baked cookies after the family had had a tiring day. __38__

You could ask a friend or family member to help add to your list. __39__ That way, you could exchange thoughts on what makes each of you special and the aspects of your personality that shine through. In fact, don’t wait until you’ve made a mistake to try this — it’s a great way to boost self-confidence at any time.

It’s something of a cliché (□□□□) that most people learn not from their successes but their mistakes. The thing is, it’s true. __40__ We’ re all changing and learning all the time and mistakes are a positive way to develop and grow.

A. A little self-forgiveness also goes a long way.

We’ve made progress, but we have a long way to go.

B. Now list all the characteristics you like about yourself.

C. They might even like to have a go at doing the exercise.

D. It’s just as important to show yourself some forgiveness.

E. It doesn’t mean you have to ignore what’s happened or forget it.

F. Whatever it is, no matter how small it might seem, write it down.

G. Whatever the mistake, remember it isn’t a fixed aspect of your personality.

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On Oct. 11, hundreds of runners competed in a cross-country race in Minnesota. Melanie Bailey should have __41__ the course earlier than she did. Her __42__ came because she was carrying a __43__ across the finish line.

As reported by a local newspaper, Bailey was more than two-thirds of the way through her __44__ when a runner in front of her began crying in pain. She __45__ to help her fellow runner, Danielle Lenoue. Bailey took her arm to see if she could walk forward with __46__. She couldn’t. Bailey then __47__ to let Lenoue climb onto her back and carried her all the way to the finish line, then another 300 feet to where Lenoue could get __48__

attention.

Once there, Lenoue was __49__ and later taken to a hospital, where she learned that she had serious injuries in one of her knees. She would have struggled with extreme __50__ to make it to that aid checkpoint without Bailey's help.

As for Bailey, she is more __51__ about why her act is considered a big __52__. "She was just crying. I couldn't __53__ her," Bailey told the reporter. "I feel like I was just doing the right thing."

Although the two young women were strangers before the __54__, they've since become friends. Neither won the race, but the __55__ of human kindness won the day.

41. A. designed	B. followed	C. changed	D. finished
42. A. delay	B. chance	C. trouble	D. excuse
43. A. judge	B. volunteer	C. classmate	D. competitor
44. A. race	B. school	C. town	D. training
45. A. agreed	B. returned	C. stopped	D. promised
46. A. courage	B. aid	C. patience	D. advice
47. A. went away	B. stood up	C. stepped aside	D. bent down
48. A. medical	B. public	C. constant	D. equal
49. A. interrupted	B. assessed	C. identified	D. appreciated
50. A. hunger	B. pain	C. cold	D. tiredness
51. A. worried	B. ashamed	C. confused	D. discouraged
52. A. game	B. problem	C. lesson	D. deal

- a great deal of money
- I'm feeling a good deal better.□□□□□□□
- A deal is an agreement, especially in business, on particular conditions for buying or doing sth.
- I got a good deal on the car (= bought it cheaply) .=The car was a real bargain.
- If elected, the party has promised a new deal (= better and fairer treatment) for teachers..
- what's the'deal?

- “It’s not a big deal.”

53. A. leave	B. cure	C. bother	D. understand
54. A. ride	B. test	C. meet	D. show
55. A. secret	B. display	C. benefit	D. exchange

- If you meet with someone, you have a meeting with them. (□…) □□
- If two areas meet, especially two areas of land or sea, they are next to one another.
- If something such as a suggestion, proposal, or new book meets with or is met with a particular reaction, it gets that reaction from people.
- If something meets a need, requirement, or condition, it is good enough to do what is required.
- Many families struggle to make ends meet.
- A meet is a sports competition.

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Xiao long bao (soup dumplings), those amazing constructions of delicate dumpling wrappers, encasing hot, __56__ (taste) soup and sweet, fresh meat, are far and away my favorite Chinese street food. The dumplings arrive steaming and dangerously hot. To eat one, you have to decide whether __57__ (bite) a small hole in it first, releasing the stream and risking a spill (□□), __58__ to put the whole dumpling in your mouth, letting the hot soup explode on your tongue.

Shanghai may be the __59__ (recognize) home of the soup dumplings but food historians will actually point you to the neighboring canal town of Nanxiang as Xiao long bao’s birthplace. There you will find them prepared differently — more dumpling and less soup, and the wrappers are pressed __60__ hand rather than rolled.

Nanxiang aside, the best Xiao long bao have a fine skin, allowing them __61__ (lift) out of the steamer basket without tearing or spilling any of __62__ (they) contents. The meat should be fresh with __63__ touch of sweetness and the soup hot, clear and delicious.

No matter where I buy them, one steamer is __64__ (rare) enough, yet two seems greedy, so I am always left __65__ (want) more next time.

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Li Hua

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When I was in middle school, my social studies teacher asked me to enter a writing contest. I said no without thinking. I did not love writing. My family came from Brazil, so English was only my second language. Writing was so difficult and painful for me that my teacher had allowed me to present my paper on the sinking of the *Titanic* by acting out a play, where I played all the parts. No one laughed harder than he did.

So, why did he suddenly force me to do something at which I was sure to fail? His reply: “Because I love your stories. If you’re willing to apply yourself, I think you have a good shot at this.” Encouraged by his words, I agreed to give it a try.

I chose Paul Revere’s horse as my subject. Paul Revere was a silversmith (□□) in Boston who rode a horse at night on April 18, 1775 to Lexington to warn people that British soldiers were coming. My story would come straight from the horse’s mouth. Not a brilliant idea, but funny; and unlikely to be anyone else’s choice.

What did the horse think, as he sped through the night? Did he get tired? Have doubts? Did he want to quit? I sympathized immediately. I got tired. I had doubts. I wanted to quit. But, like Revere’s horse, I kept going. I worked hard. I checked my spelling. I asked my older sister to correct my grammar. I checked out a half-dozen books on Paul Revere from the library. I even read a few of them.

When I handed in the essay to my teacher, he read it, laughed out loud, and said, “Great. Now, write it again.” I wrote it again, and again and again. When I finally finished it, the thought of winning had given way to the enjoyment of writing. If I didn’t win, I wouldn’t care.

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A few weeks later, when I almost forgot the contest, there came the news.

I went to my teacher’s office after the award presentation.

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54. C □□□□□□□□□□□□□□“hundreds of runners competed in a cross-country race”□□□□“the two young women were strangers before”□□□□□□□□□□□□□□□□□□□□□□□meet □□□□□□□□□□“□□”□□□□□□□□ C□
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Dear Ryan,

I am your student Li Hua. After learning about the way of grouping for the oral English class, I would like to offer some of my suggestions.

I admit that random grouping may lead to more communication as well as interaction, but there can also be some potential problems. First of all, random grouping can result in students with imbalanced speaking competence being paired together. Both the stronger students and the weaker ones will definitely feel upset and worried with some feeling confident while others feeling severely discouraged. Additionally, some students may feel embarrassed chatting with people they are unfamiliar with.

Therefore, will it be possible that you consider some other ways? Such as grouping students according to their English levels? Or can you carry out a questionnaire to ask the students? I can help if needed. Looking forward to your reply.

Yours sincerely,
Li Hua
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When I almost forgot the contest, the news came. It was a phone call saying that I was a winner. When I knew I won the prize, a wide excitement took hold of me. I rushed to my mother with excitement and shared the fantastic news with her. On hearing of the unexpected news, she was so surprised that she froze with her mouth wide open. After a while, excited tears streamed down her cheeks. After that, bathed in the warm sunshine, we made our way to the award presentation. On the way my mother remind me that without my teacher's encouragement I wouldn't have made much progress in writing in English.

I went to the teacher's office after the award presentation. With tears in my eyes I said to him, "I would like to express my heartfelt gratitude to you for your timely help. It was your encouragement that made me brave enough to sign up for the competition." He stepped forward, patted me on the shoulder, and said softly, "Where there is a will, there is a way." We hugged each other as tightly as possible and our eyes were filled with tears. Only then did I realize that it was bravery and determination that could conquer all the difficulties. Hard work paid off eventually.

□□□□

Text 1

W: Jack, are you going camping with your friends this weekend?

M: It depends. If it's sunny, we'll go.

W: The weatherman says it's going to rain.

M: In that case, we'll go to the cinema instead.

Text 2

W: Excuse me, could you mind my bags for a moment? I want to buy some food at the convenience store.

M: No problem. But be quick. It was announced that my train will arrive in 10 minutes.

Text 3

W: Bob came out of hospital last Friday. Have you got a chance to visit him?

M: I plan to see him this Saturday.

W: Aren't you going to the conference then?

M: No. It has been rescheduled for next Monday.

Text 4

M: Sorry, Miss. We made a terrible mistake adding up the bill. Here is the ten dollars we have to return to you.

W: Oh, I didn't notice that. It's OK. Don't blame the waiter. He's been really nice.

Text 5

W: Do you think we should get Steve a book for the New Year?

M: Books are good. But Steve wouldn't take just any book. He has to have this particular one on geography.

Text 6

M: Hello, Sarah.

W: Hello, David. I can't come for dinner tonight. Sorry.

M: Oh, what happened?

W: We've got a new case and things get pretty crazy here in the office.

M: Well, then I'll come to you.

W: No, no, not tonight. Let me see if I can arrange another night.

M: Sarah, please. We need to talk. It's about my job.

W: Then tell me on the phone.

M: No, it's better if we do it in person. How about tomorrow night?

W: I'm not sure. You can give me a call tomorrow afternoon.

M: OK.

Text 7

W: Jim will call on us this afternoon. Do you know where he is now?

M: Er ... wait. Let me see. He has sent two messages saying that he's done with his work at the office and got a taxi and ... and he'll arrive in twenty minutes.

W: We can't keep him waiting outside our home. We have to hurry.

M: But it takes at least half an hour to get out of the city center by bus. Look at the traffic.

W: Let's get off. We can save at least twenty minutes by walking through the park.

M: Are you sure?

W: Yes. A hundred percent.

Text 8

W: Morning, Mark.

M: Morning, Clara. How was your weekend?

W: Great. I went to my grandpa's. He invited us to pick vegetables on his farm. My daughter had a great time there. What about you?

M: Oh, I had a truly incredible experience. I dropped by a yard sale on Saturday and got several books.

W: Novels?

M: A novel and two poetry collections. As I leafed through the novel, a piece of paper fell out. It was an air ticket from 2012. The flight was from Los Angeles to Chicago and the name on the ticket was Ashley Louis.

W: Was it?

M: Yes. Ashley, my sister. In 2012, she lived in Los Angeles and her husband worked in Chicago. Both of them often flew between the two cities. I asked the seller where he got the book. He said it was bought at a second-hand bookstore in Los Angeles three years ago. Last year, he and his family moved from Los Angeles to Philadelphia.

W: So, all the way cross the country, your sister's old book landed in your hands. That's really crazy.

Text 9

W: Victor, you've been here in Indiana for six weeks now. How are you feeling?

M: I think I've got used to college life, going to classes, working out and hanging out with my friends. Though there's pressure to meet deadlines, life here is never boring.

W: What's been hard about being an Indiana basketball player?

M: Well, the training is very competitive, weightlifting and running every day. It's not like high school. In high school, I really didn't have to do that. I'm just trying to get used to it. And I think I am.

W: At this point, how do you see yourself fitting into this group?

M: I think we're all different. George is from Britain. Chris and Leo are from Australia. I'm from France. And the rest are Americans. But I get along with

everybody. You know, we are really starting to bond. It's great to see how we grow each day as a team.

W: Thanks, Victor. I wish you a very happy and fruitful stay in Indiana.

Text 10

W: Good evening, dear listeners. When was the last time you enjoyed leisure activities? Do you want to live a full and happy life? Today, I'm going to introduce to you a magazine that features the art of living. *The Idler* was launched by Tom Hodgkinson, back in 1993. With the intention of providing a bit of fun, freedom and achievement in a busy world, it is now published bimonthly. In every issue, you will find an interesting mix of interviews and essays on the good life, history, philosophy, arts and fashion photography. You will find much to laugh at and much useful stuff as well, from recipes for making bacon to guides to housekeeping. If you ever felt that there is more to life than boring jobs, then why not subscribe to it? *The Idler* is a cheering read that makes you feel better about life. You can

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